

## **Abstract**

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**Title:** Case Study of Physiotherapy Treatment of a Patient with the Diagnosis of Fracture of the Distal Radius

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**Objectives:** The main aim of this thesis is to describe the possibilities of physiotherapy treatment of patient after distal radius fracture. The summary of theoretical knowledge and a case study of one patient.

**Methods:** The theoretical part of the thesis is elaborated in the form of a literature research. It describes the important information of anatomy, kinesiology and hand function. The traumatology side discusses possible fractures in the area of the forearm, the possibilities of treating the injuries and the most commonly used physiotherapeutic methods. The special part is a case study of a patient after distal radius fracture. The special part includes input and output assessment, description of the individual therapeutic units and evaluation of the effect of the therapy. The data for the special part of the thesis were obtained in Centrum léčby pohybového aparátu in Prague, Vysočany since 13. 1. 2020 to 7. 2. 2020.

**Results:** During the physiotherapy treatment the patient's condition improved. Swelling was reduced as well as overall pain, joint play of the joints and the range of their motion improved, reflexive changes on soft tissues removed, shortened muscles stretched, and fine motor skills and ADL improved.

**Keywords:** Physiotherapy, case study, hand, forearm, fracture